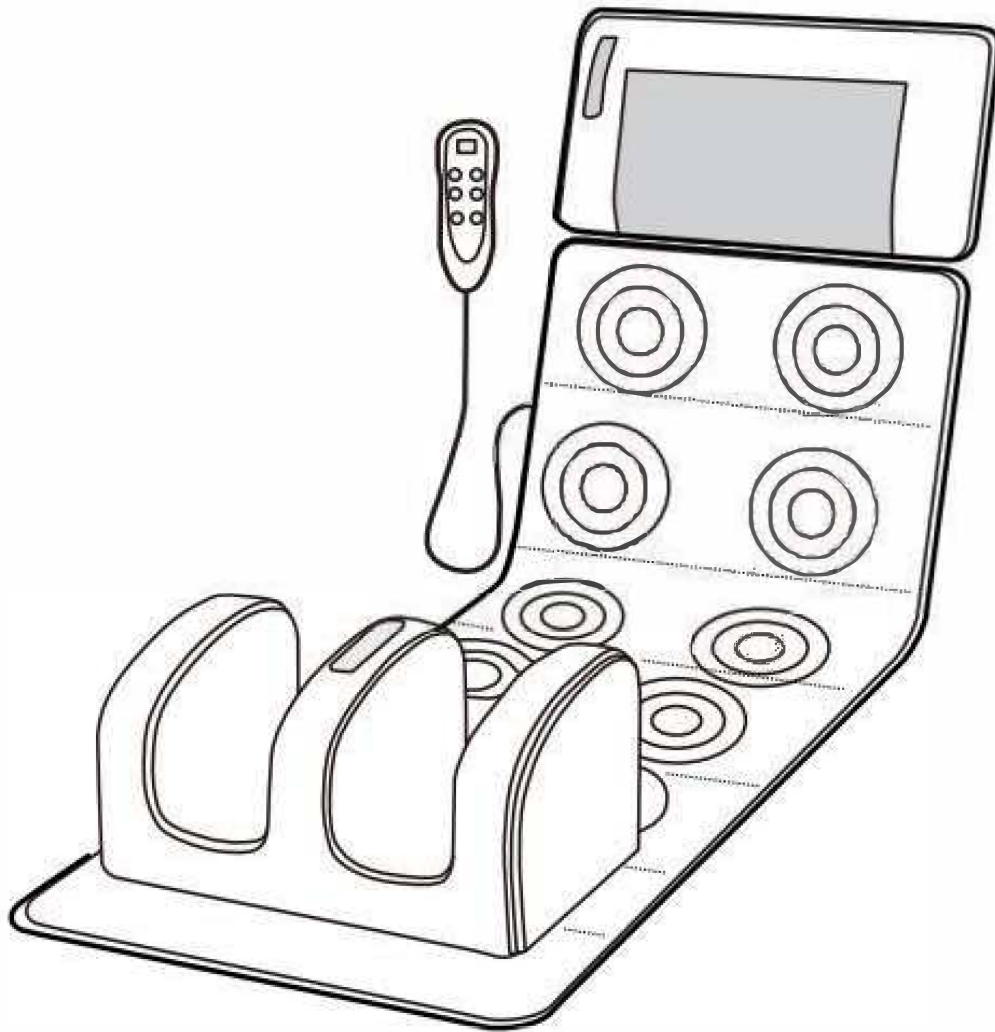


# User Manual



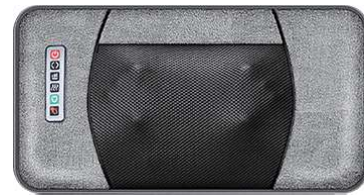
## ***Welcome***

Thanks for purchasing this **Electric Massage Mat**, Please read this user manual carefully before use.

## Package Contents



1x Full Body Massage Mat



1x Detachable Neck Massager



1x Pillow Cloth with Fixing Straps



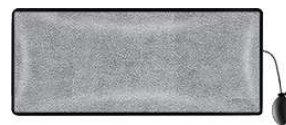
1x Adapter



1x Storage Bag



1x Foot Massage



1x Inflatable Lumbar Pillow



1x Detachable Top Pillow



2x Pairs of Earplugs  
(Orange + Black)

## Specifications

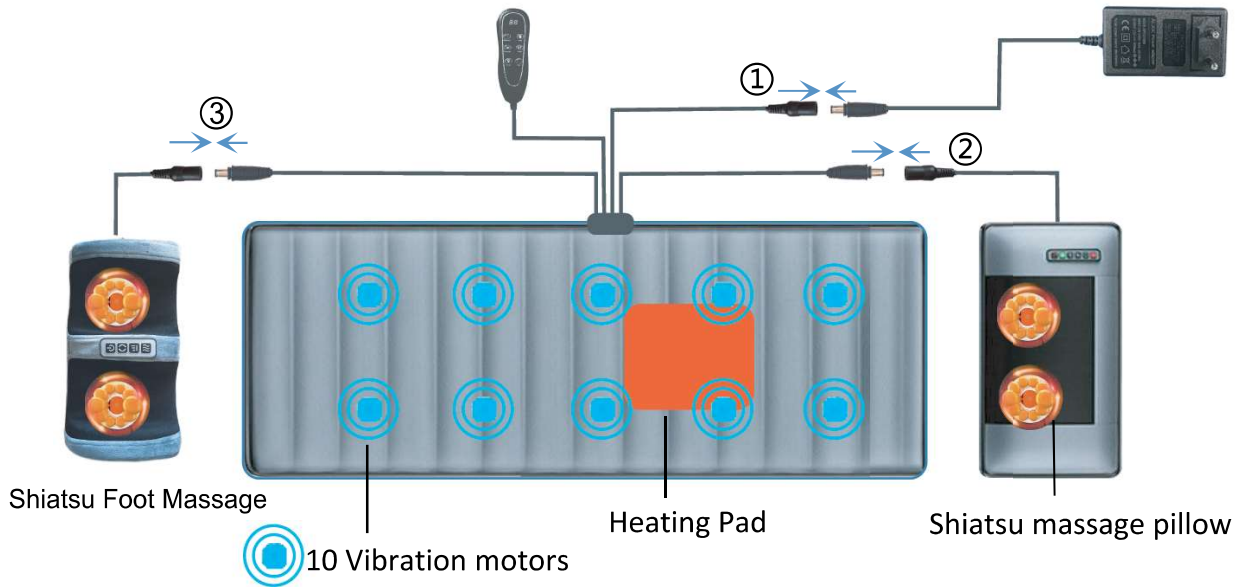
- \* **Product Type:** Full Body Massage Mat
- \* **Color:** Grey
- \* **Material:** Velvet, Foam Cotton, Sponge
- \* **Powered By:** 100-240V 50/60HZ Nonstandard US Plug
- \* **Massage Mat Function:** Vibration(9 Massage Modes + 9 Points Vibration Selection + 9-Level Speeds + 9-Level Intensity); Heating(On Waist Part; 3 Levels); Timer[10Mins (Auto)/20Mins/ 30Mins]
- \* **Massage Head:** 10 Vibration Heads
- \* **Neck Massage Function:** Kneading[Positive & Negative Continuous Kneading, 3-Level Speed, Energy-Saving Mode, Smart Mode(3 Selection: Intermittent Positive Kneading/ Intermittent Negative&Positive Kneading/Intermittent Negative Kneading)]; Heating Function; 15Min Auto-Off Timer
- \* **Neck Massage Kneading Head & Node Quantity:** 2 Heads With Total 20 Nodes
- \* **Foot Massage Function:** Kneading(Positive&Negative Continuous Kneading, 3-Level Speed); Heating Function; 15Min Auto-Off Timer
- \* **Foot Massage Kneading Head & Node Quantity:** 2 Heads With Total 32 Nodes
- \* **Certificate:** CE, FCC, ROHS
- \* **Massage Mat Size & Weight:** 139×49×3cm/54.72×19.3×1.18in; 1.3kg/2.87lbs

- \* **Neck Massage Size & Weight:** 52×27×12cm/20.47×10.63×4.72in; 1174g/2.59lbs
- \* **Top Head Pillow Size & Weight:** 47.5×10×10cm/18.7×3.94×3.94in; 138.5g/0.31lbs
- \* **Foot Massage Size & Weight:** 35×18×15cm/13.78×7.1×5.9in; 1068.5g/2.36lbs
- \* **Inflatable Lumbar Pillow Size & Weight:** 43×21×9cm/16.93×8.27×3.54in; 140.5g/0.23lbs
- \* **Wired Controller Size:** 15.5×5.5×2.5cm/6.1×2.17×0.98in
- \* **Wired Controller Cable Length:** 65cm/25.6in
- \* **Per Earplug Size:** 2.8×1.3cm/1.1×0.5in; With 60cm/23.62in Rope
- \* **US Plug Adapter Power Cable Length:** 146cm/57.48in/4.79ft
- \* **Pillow Cloth Size:** 52×32cm/20.47×12.6in (Elastic Buckle Strap Length: 50cm/19.7in)
- \* **Storage Bag Size(With Total Item Inside):** 52×25×42cm/20.47×9.84×16.54in
- \* **Assembled Total Item Size(Include Neck Massage, Foot Massage, Head Pillow):** 194×52×15cm/76.38×20.47×5.9in
- \* **Total Item Weight(With Storage Bag):** 3.95kg/8.71lbs

## Highlights

- \* Features 10 massage points including Back, Buttock, Waist, Thigh, Calf, and heating therapy function on lumbar zones, rendering you a therapeutic massage that helps release tension, stress, and fatigue after a long work day.
- \* You can choose 9 designated vibration modes, 9 point-selection vibration modes, 3-level heating levels and enjoy full control over 9-level vibration intensity and 9-level speeds as you hit all the right spots.
- \* A neck massage is provided to knead your neck to relieve your neck pain and stiff neck muscle. With 2 kneading heads(total 20 nodes), able to grasp, knead your muscles like human fingers.
- \* Extra detachable head pillow filled with soft sponge helps to support your head.
- \* Comes with a pillow cloth with fixing straps to cover on the neck massager for using, ensuring easy maintenance.
- \* A foot massage with 2 kneading heads including total 32 nodes, great to knead and press your feet like human fingers. Able to knead you calf, thigh or arms as needed and choose positive or negative direction of kneading, 3-level speeds and heating function.
- \* Extra inflatable lumbar pillow allows you to manually control the height to fit the curve of the body and give the right support to your lumbar spine.
- \* The full body massage pad adopts auto(10mins)/20mins/30mins timer to let you customize you massaging time.
- \* Both the neck massage and the foot massage feature 15mins auto-off timer to avoid overlong massaging.
- \* The bottom is adopted with plastic dots to prevent slipping during use.
- \* With a carry bag with handles, simply detach all parts, fold it up and store it into the included bag for quick storage and easy carrying.
- \* If you feel noisy when massaging, you can use our included earplugs.

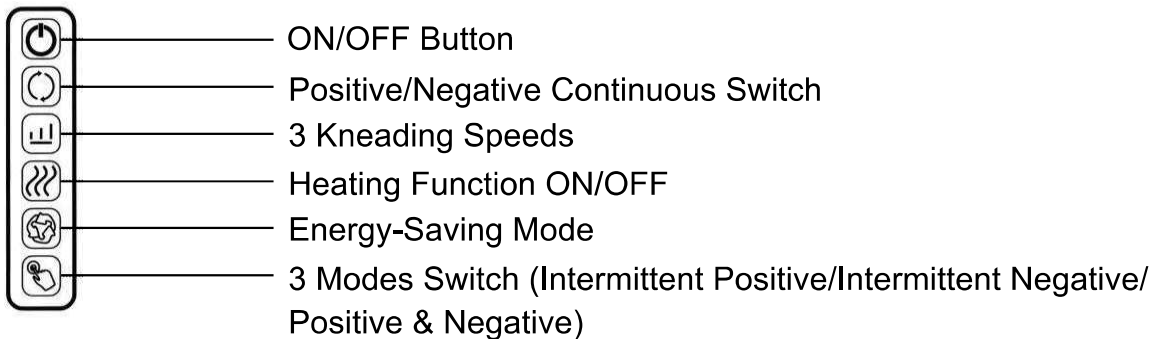
# Wiring Diagram



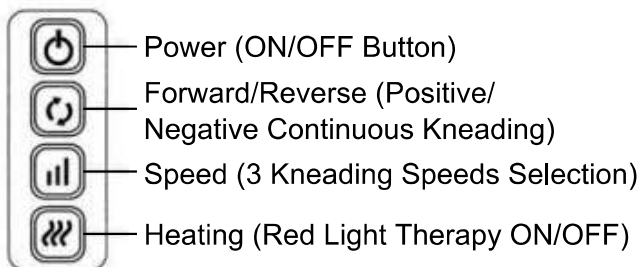
1. Please confirm ① adaptor, ② Massager pillow and ③ Foot massager were firmly connected to the mat. Please insert the plugs to the deep.
2. Massage pillow, Vibration mat and Foot massager are operated separately, please press each power key to turn on.
3. The pillow and mattress are connected by zipper and can be detached. You can use pillow/mat massages/foot massager separately, adaptor can be connected to them individually.
4. Lay the mattress on bed or sofa, that can reduce vibration noise. You can also wear the included earplugs. When adaptor plugged in, the controller will display "OFF", and the machine will be in standby mode.

## Key Function Description

### 1. For shiatsu massage pillow

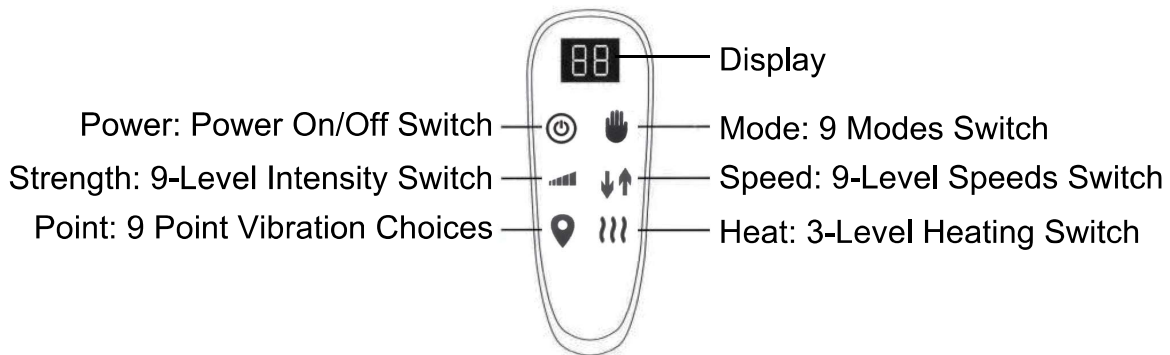


### 2. For Foot Massager



- Press the power key to enter the automatic massage mode (Forward and Reverse automatically switching, heat on)
- Press the Forward/Reverse(Positive/Negative) switch to change the direction of massage head.
- Press the speed key to change the massage speed (high/mid/low 3 gears), initial mode is high
- Press the heating key to heat on/off
- Auto power off in 15 minutes

### 3. For body vibration mat (Wired Controller)



- Press “Power” key, the machine will start automatic mode, the initial timing is 10 minutes. Press this key again to shift 20 minutes, 30 minutes, power off. The LED screen will display “10-->20-->30-->OFF”
- Press “Mode” key to select 8 vibration massage modes. The LED screen will display “F1~F8, E2, AU”.  
F1~F8 means 8 different vibrating program sequence, E2 means only heat mode, AU means auto mode.
- Press “Strength” key to choose Vibration Strength. There are 9 gears of strength
- Press “Speed” Key to change the speed. There are 9 gears of speed.
- Press “Point” key to select vibration position: P1-P9 refer to different vibration parts
- Press “Heat” key to select 3 temperature gear or turn off heating mode. The LED screen will display “E1-E2-E3-CL”

## Precautions

- Unplug the adapter when not in use. Do not leave the adapter in the power outlet for a long time.
- This product should not be used in a humid environment or in a bathroom. After use, please keep it in a dry place.
- Do not use it during sleep.
- If you feel uncomfortable, stop using immediately.
- Children and individuals with mobility disorders are not allowed to use this product independently.
- Do not massage over 30 minutes.
- Foldable and stored in the wardrobe when not in use.
- It is not recommended to use this product on hard surfaces as the motor noise may be loud. Suggest using it on the bed or sofa.

# Full Body Massage Mat Safety Warnings



## Read & Store The Safety Instructions

- \* Read and understand all instructions. Failure to follow the warnings and instructions may result in electric shock fire and/or serious injury. Save all warnings and instructions for future reference.
- \* If you pass this massage mat on to a third party, you must also supply these materials.



## 1. Intended Use & Contraindications

**Suitable For:** General relaxation and temporary relief of minor muscle tension/stiffness in adults.

### -- DO NOT USE IF YOU:

- \* Are pregnant.
- \* Have a pacemaker, implanted medical device, or electronic life support device.
- \* Have diabetes, poor circulation, open wounds, sores, rashes, infections, or fragile skin in the massage area.
- \* Have severe osteoporosis, spinal injuries, fractures, or recent surgery.
- \* Have a bleeding disorder or take blood thinners.
- \* Have cancer or tumors.
- \* Experience undiagnosed pain or numbness.
- \* Are a child. This device is for adult use only.



### -- HEATING FUNCTION WARNING (Heating function depends on your purchasing mat):

**DO NOT USE HEAT IF YOU:** Have diminished skin sensitivity (neuropathy), paralysis, or are unable to clearly feel heat or pain. Heat can cause burns before you realize it.

- \* NEVER use the heating function while sleeping or unattended.
- \* NEVER insert pins or sharp objects into the mat. Damaged heating elements pose a fire and burn risk.
- \* Consult your physician before use if you have any medical condition or health concern.



## 2. Electrical Safety

- \* **PLUG DIRECTLY INTO WALL:** Use only the provided adapter. Plug directly into a standard 100-240V/110V AC wall outlet. Do not use extension cords, power strips, or outlet converters.

- \* **KEEP DRY:** Never use the mat near water, in a bathroom, or with wet hands/clothing. Moisture can cause electric shock.
- \* **INSPECT CORD:** Do not use if the power cord or plug is damaged. Contact customer service for replacement.
- \* **UNPLUG WHEN NOT IN USE:** Always unplug the mat from the wall outlet after use and before cleaning, storing, or attaching/removing accessories.



### 3. Usage Duration

- \* Limit continuous use to a maximum of 30 minutes per session.
- \* Allow the mat to cool down for at least 30 minutes before starting another session.
- \* Excessive use can lead to muscle soreness or irritation. Listen to your body; discontinue use if you experience pain or discomfort.
- \* Please contact us if you need any help during usage.



### 4. Other Important Warnings

- \* **Anti-Slip Bottom:** Ensure the mat's anti-slip dots are in full contact with the soft surface to prevent shifting.
- \* **Earplugs:** Use (Optional) earplugs if the vibration sound is bothersome. Insert correctly.
- \* **No Modification:** Do not attempt to disassemble, modify, or repair the mat yourself. Contact authorized service personnel.
- \* **Supervision:** Not intended for use by persons with reduced physical, sensory, or mental capabilities without supervision.
- \* **Not a Medical Device:** This product is for relaxation and temporary relief of minor muscular discomfort only. It is not a substitute for professional medical diagnosis or treatment.
- \* Failure to follow these warnings and instructions may result in electric shock, fire, burns, or injury. When in doubt, unplug and consult the manual or contact us.



### 5. Troubleshooting

<b>Mat Won't Turn On</b>	Ensure the adapter is firmly plugged into both the wall outlet and the mat. Check if the outlet is working.
<b>No Heat (If available for your purchasing options)</b>	Verify the heat function is selected. The heating element takes a few minutes to warm up. If still no heat after 5mins, unplug and contact support.
<b>Excessive Noise</b>	This mat uses vibration motors. For enhanced comfort, place the massage mat on a soft surface, as hard surfaces can amplify vibration noise. Use the (Optional) earplugs for additional noise reduction.

<b>Neck/Foot Massager Not Working(Optional)</b>	Ensure it's securely connected to the main mat via its zipper/plug if required. Check its own controls/power connection.
<b>Overheating Protection</b>	The massage mat supports overheating protection. If it overheats, unplug immediately and let it cool down completely. Discontinue use if this occurs frequently.



## 6. Usage FAQs

### Q1: Why do I feel sore or uncomfortable during/after the first few uses?

**A1:** It's normal to experience some soreness or discomfort initially, especially if it's your first time using a massage mat. This sensation aligns with the traditional belief: "Where there is pain, there is blockage; where there's blockage, pain follows. Relief comes once energy flows freely." The massage nodes stimulate muscles and acupoints that may be tense or underused. This initial reaction often indicates that your muscles are being actively relaxed and circulation is improving. The discomfort should lessen within a few sessions as your body adapts.

### Q2: How Can I minimize discomfort during the first few sessions?

**A2:** To reduce discomfort in the initial sessions, try the following methods:

**Method 1:** Begin with shorter sessions, lasting 8-10 minutes, and gradually extend the duration as your body acclimates to the massage.

**Method 2:** Avoid applying your full body weight directly onto the mat. Instead, slightly lift part of your body to decrease pressure.

**Method 3:** Place a flap, towel, or thin blanket over the Shiatsu Massager. This extra layer can cushion the massage intensity and alleviate discomfort.

### Q3: Where should I place the massage mat for optimal comfort and safety?

**A3:** For the best experience, place the mat on flat, soft surfaces like reclining/lounge chairs, beds, sofa beds, or thick carpets. Measure the chair's dimensions and compare them with the mat to ensure a proper fit; avoid using chairs smaller than the mat. Opt for armless chairs for better comfort. Steer clear of hard or uneven surfaces, as they can increase vibration and noise.

### Q4: How can I reduce vibration noise during use?

**A4:** To minimize noise, you can place the mat on a soft surface as recommended. Use the included earplugs for additional noise reduction.

### Q5: Is the entire mat a deep tissue or Shiatsu massager?

**A5:** Only the detachable neck massager and the foot massager use Shiatsu (deep kneading) technology. If package includes the foot massager, it depends on your purchase. The main vibration mat provides a soothing vibration massage, not deep tissue or Shiatsu. Use them together or separately for full-body relaxation.

### Q6: Can I sleep on the mat or use it overnight?

**A6:** Absolutely not. For your safety, never use the massager while sleeping or unattended. Each session should have a maximum duration of 30 minutes. Always unplug the adapter from the

### Q7: Can I wash the massage mat?

**A7:** The main Vibration Mat cover is non-removable and not machine washable. Clean it by wiping the surface with a soft, damp cloth and mild detergent. Avoid soaking or spraying water directly on the mat.

### Q8: Why does the massage mat feel hot? Is this safe?

**A8:** The massage mat supports overheating protection. If heat feels excessive, painful, or localized in one spot, turn off heating function immediately and unplug. Check for obstructions (blankets, pillows) trapping heat.



## 7. Disposal

- \* Do not dispose of this product with regular household waste.
- \* This product contains electronic components and must be recycled according to local regulations (WEEE - Waste Electrical and Electronic Equipment). Contact your local waste management authority for proper disposal/recycling facilities.

## Cleaning & Maintenance

**Clean this product only in accordance with the instructions specified on the product's washing label, and in the Cleaning Instructions section of this manual.**

### Controller Care

The display screen of the controller shall be properly protected.  
Clean the controller with a soft cloth.

### Massager Cover Care

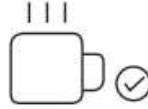
The surface area does not support washing. When cleaning and maintenance is required, please sterilize with alcohol to remove sweat stains or wipe with a clean wet towel.



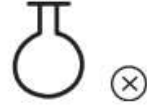
Alcohol



Detergent



Water



Diluent



Gasoline

### Storage & Transporting

**Storage:** Allow the mat to cool completely. Fold loosely or roll. Store in the included storage bag in a cool, dry place away from direct sunlight and sharp objects. Do not place heavy items on top.

**Transporting:** Make sure to disconnect the power connection before transporting.

